

SR. CENTER HIGHLIGHTS:

Veterans Day Nov 11, 2021



Live on Facebook

Visit Northern and Eastern Wake Facebook page.

Monday Message

Guest: Amy Bridges Care Transition Coordinator

Live: 3:30pm - November 10, 2021



Wednesday Whereabouts

Live: 3:30pm - November 10, 2021

Guest: Amber Tuttle, OT Assistant student Durham Tech.



Jennie Griggs
Program Director

Many of us observe November 11th as a Federal Holiday. It was originally known as Armistice Day and renamed Veterans Day in 1954. The United States has been involved in many wars. According to my research the oldest living veteran today served in WWII. His name is Lawrence Brooks and is 112 years young. I'd like to share this poem with you written by Marlene Cutchin, September 19th, 2011.

"Special Thanks to our Veterans"
Every year on the 11th of November,
We honor our veterans and remember,
The sacrific3es that you've made,
With some big prices that were paid.

In fighting fore our country to be free,
You accepted your journey as it would be.
You left friends and family and put ca-
reers aside,
To serve your country with honor and
pride.

You put your life on the line when there
was war,
Always showing courage and strength for
what would be in store.
Praying for the day to return home and
then,
That our country would be free again.

It's hard to find the words to say,
How grateful we are every day.
November 11th is just a start
Of everyday you're in our heart.

You're a reason we can proudly fly our
flag of red, white and blue.
To each and every veteran
"May God Bless YOU."

November 5, 2021

SR. CENTER FEATURED CLASSES

NEW & OPEN CLASSES NWSC

Registration in process: NWSC

Tai Chi for Life 10AM MON IP Pre-requisite Tai Chi 1 & 11

Taught by Cathy Perkinson. Beginning Nov 8th Sun Style 42 & 73 and beyond. Masks Must be worn at all times. Class Size limited. Registration & waivers required.

Registration in process: NWSC

Acrylics 1PM Tues. IP

Taught by Gaylord Picard. Registration required. Class size limited.

Registration in process: NWSC

Yoga 9AM T & T IP

Taught by Vivien Green. Registration & waivers required Class size limited.

Registration in process: NWSC

Line Dance

11:00AM Thurs IP

Returning Student

Taught by Cindy Hadden. Registration and waivers required. Class size limited.



NEW : Call the NWSC center if you are interested in the New Book Club. We have a second club interest group meeting on November 19th at 1PM . Call to get on list first

Note; Call Northern Wake Senior Center 919-554-4111 to register, receive links, and waivers for all classes/programs and questions.

Northern Wake Senior Center
919-554-4111
wfscordinator@rfsnc.org

Eastern Wake Senior Center
919-365-4248
ewscordinator@rfsnc.org

Hybrid Classes: (IP at NWSC & Virtual at EWSC)

Registration in process: NWSC & EWSC

Watercolors 10AM Tues. H

Taught by Gaylord Picard.



Registration in process: NWSC & EWSC

Drawing 10AM Mon. H

Taught by Gaylord Picard.

Registration in process: NWSC & EWSC

Pastels 1PM MON. H

Taught by Gaylord Picard.



Registration in process: NWSC & EWSC

14th Amendment

10-11:30AM Thur, NOV. 18th H

Taught by Rosemarie Betuker. Must register at NWSC. Class size limited.

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SR. CENTER FEATURED CLASSES

Virtual Only: NWSC & EWSC

Registration in process: NWSC & EWSC

ZUMBA 12:30PM M,W,F V

Taught by Maria Bolanz must register for link and have waiver signed

Registration in process: NWSC & EWSC

Tone & Sculpt 10AM T&T V Beginner Student appropriate

Taught by Linda Thomas. Registration and waivers required.



Thank you 

**For sponsoring Linda Thomas' Tone and Sculpt Class
Tuesdays and Thursdays at 10AM.**

Registration in process: NWSC & EWSC

Cross Punch 9AM T & T V

Taught by Linda Thomas. Call NWSC for registration, waiver & link.



Thank you 

For sponsoring Linda Thomas' Cross Punch Class

Registration in process: NWSC & EWSC

Line Dance 11PM TUES V
Beginner

Taught by Cindy Hadden. Call NWSC for registration, waivers and link.

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SR. CENTER FEATURED CLASSES: EWSC

Registration in process: EWSC: Class held at Wendell Community Center

ZUMBA Gold toning 9AM FRI. IP

Taught by Linda Thomas. Class size limited. Registration & Waivers required. Call EWSC 919-365-4248.

Registration in process:

Aerobics Lite 10:30AM MON.& WED. IP

Taught by Cindy Hadden. Class begins November 29th. Registration and Waivers required. Class size limited. Call EWSC 919-365

Registration in process: EWSC 919-365-4248

Geri-Fit 11AM M & W IP Evidence- Based

Taught by Myra Jackson 12 weeks 24 sessions

Note: When participating in Evidence Based classes you must attend at least 80% of the classes to meet our requirements for the program.

SR. CENTER FALL FUN

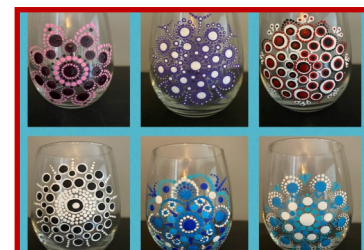
One time classes:

NEW AND FUN : Glass Painting

Are you looking for a unique hostess gift , Christmas Gift, or just want to create a unique drinking glass for yourself? With a little bit of paint and imagination you can turn a plain glass into a work of art. Come join us and have some fun. We will have all the paint and tools needed to learn how to do Mandala dotting. Thank you to Nancy Foss, Community Outreach Coordinator, Home Instead Senior Care, for volunteering your time and talents. Class sizes are limited and fill up fast.

Eastern Wake Senior Center: Tues Nov 9 10-1 Space is limited. Call 919-365-4248 to reserve a seat!

COST: \$5.00 for two glasses and supplies.



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Wake Tech Featured Programs at NWSC & EWSC

NEW: Numerous Computer Class:

Checks only payable to Wake Tech Community College. Must have 6 people minimum in classes to be held. Call NWSC to get on the list and they will provide registration time. All classes taught by Jerry Glenn.

Note: Classes are lectures

““Fraud and Identity Theft”

When: Tuesday, November 16th, 17th, 18th, 19th from 1:00-3:00 PM

Cost: \$15 (6)



COMING SOON

More Spanish Classes in January & February

EWSC & NWSC

Pollinators Class with Anita Stone

NWSC



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919-554-4111
wfsccordinator@rfsnc.org

Eastern Wake Senior Center
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ewscordinator@rfsnc.org

PROGRAMS & SERVICES:

EWSC Caregiver Support Group: This support group will provide caregiver support, education, and resources.

When: 3rd Tuesday of each month at 1:30PM.

Location: Wendell Community Center, 601 W. 3rd Street, Wendell
For additional information and to register, call Nancy Broadwell, Regional Service Coordinator with Resources for Seniors, and Mary Carter at 984-232-4215 or email raleighsc@rfsnc.org



Northern Wake Parkinson's Support Group: (In-Person)

These informational and educational support group meetings are for persons with Parkinson's disease and their care partners. Tuesday, Nov 9 from 1-3:30PM.

For additional information and to register, call Nancy Broadwell, Regional Service Coordinator with Resources for Seniors, at 984-232-4215 or email raleighsc@rfsnc.org



DO YOU NEED:

SHIIP (Senior Health Insurance Information Program) Appointments:

SHIIP has state-trained experts specially trained to answer your Medicare questions and to help with other insurance issues important to seniors such as selecting a Medicare prescription drug plan, preventing Medicare billing fraud and abuse, choosing a Medicare supplement plan, and long term care insurance.

If an individual needs a SHIIP appointment, they need to call the center and the staff will help them make an appointment with one of the SHIIP counselor. They have the option of meeting in person or over the phone. For in-person, the staff will call them to confirm the time and date before the day of the appointment.

- Eastern Wake Senior Center at 919-365-4248



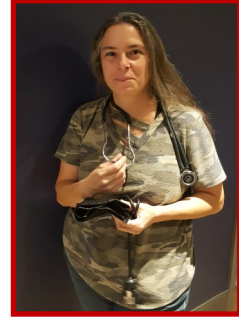
REMEMBER: Visit the Resources for Seniors Website to find Wake County Resources such as Home Repair, In-Home Care, Information and Referral, Adult Day Services, just to name a few.

<http://www.resourcesforseniors.com/>

PROGRAMS & SERVICES:

NEW—Casey's Conversations:

Dr. Casey Baldwin, Resources For Seniors Dr. of Pharmacy, and Clinical Assistant Professor, Campbell University College of Pharmacy, is available to discuss your medications prior to making a selection of your Medicare or Drug Plan for the Medicare open enrollment season beginning October 15th. Call the Northern Wake Senior Center to schedule an appointment. All appointments are free of charge.



REGISTER NOW: FREE Medication Consultations NWSC

When: Nov 22, 23 & 24th.

Time: Call to Schedule 919-554-4111

Blood Pressures Taken as well.



MEALS ON WHEELS NEEDS YOU:

... Did you know that home delivered meals for Meals on Wheels pick up from the Wake Forest Senior Center.

This means it's easy to help feed people in your own community who are homebound and not able to leave their homes or purchase their own food.

Please consider becoming a Meals on Wheels volunteer. You can either scan the QR code attached or call the Home Delivered Meals Coordinator, Jessica Holman directly 919-554-0725 to help.



NORTHERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

11/5/2021

Monday November 8	Tuesday November 9	Wednesday November 10	Thursday November 11	Friday November 12
9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP) 9:00-10:30 Walk w/ Ease (IP, CLOSED) (Joyner Park)	9:00 Yoga (IP, 4 wk) 9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9 – 12 Knitters Group (call before attending) (NWSC)(IP) 9:00 Adv. Tai Chi/ Qigong (V, EWSC) 9:00 Cross Punch(V)	9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP) 9 – 12 Open Studio Time (St. A, clay & St. C, Art) (call before attending) (NWSC) (IP) 9:00-10:30 Walk w/ Ease (IP, CLOSED) (Joyner Park)	Veterans Day Holiday	9:00-10:30 Walk w/ Ease (IP, CLOSED) (Joyner Park)
10-12 Drawing (H, 4 wk, FULL)	10-12 Watercolor (H, 4 wk, FULL) 10:00 Tone & Sculpt (V) 10:15 Chair Balance (V,	10-11:30 Urban Wildlife (IP, CLOSED)		
	11:00 Geri Fit (IP, CLOSED) 11:00 Barre (IP, 4 wk, preregister) 11:00 Beginners Friendly Line Dance (V)	11:00 Fit & Strong (IP, CLOSED)		11 – 2 Pottery Group (call before attending) (NWSC)(IP) 11:00 Fit & Strong (IP, CLOSED)
12:30 Zumba Gold (V)		12:00 Chair Yoga (IP, 4 wk) 12:30 Zumba Gold (V)		12:30 Zumba Gold (V)
1 – 3 Pastels (H, 4 wk, preregister) 1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP)	1 – 3 Acrylics (IP, 4 wk, FULL) 1 – 4 Pottery Group (call before attending) (NWSC)(IP)	1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP) 1 – 4 Quilt, Stitch & Gab (St B, call before attending) (NWSC)(IP)		
2:00 Genealogy (V)				
3:30 Chair Yoga (IP, 4 wk, preregister) 3:30 Live update on Facebook	3:30 Live update on Facebook	3:30 Live update on Facebook		3:30 Live update on Facebook

Northern Wake Senior Center / 235 E. Holding Ave/ Wake Forest, NC. 27587/ 919-554-4111

V = Virtual Program / IP = In person on-site / NWSC = Northern Wake Senior Center / WFRC = Renaissance Center

EASTERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

11/5/2021

Monday Nov 8	Tuesday Nov 9	Wednesday Nov 10	Thursday Nov 11	Friday Nov 12
	9:00 Cross Punch w/ Linda T (V) Wake For- est Registration		Veterans Day Holiday	9:00 Zumba w/Linda at Wendell Commu- nity center
10:00 MOW congre- gate pick-up	10:00 Drink Glass Man- dala Dot Painting w/ Nancy Foss Wendell			
10:00 Tai Chi w/Myra Wendell Registration	10:00 Tone & Sculpt with Linda T (V) Wake Forest Registration 10:00 SHIP Counselor, Susan Howlett & Larry Bradbury open enroll- ment Wendell appoint- ments only	10:00 Tai Chi w/Myra Wendell Registration		
11:00 Geri-fit w/Myra (IP) Wendell Registra- tion	11:00 Beginning Line Dance w/Cindy (V) Wake Forest Registra- tion	11:00 Geri-Fit w/Myra (IP) Wendell Registra- tion		
12:30 Zumba Gold w/ Maria (V) Wake Forest Registration		12:00 Zumba Gold w/ Maria (V) Wake Forest Registration		12:00 Zumba Gold w/ Maria (V) Wake Forest Registration
	1:30 Crochet w/Paula Wendell Registration			
	2:30 Chair Yoga w/ Rosetta (V) Wendell Registration	2:30 Strutters Practice		2:00 Jewelry Making w/Rosetta Wendell Registration
Monday Message Fa- cebook Live @ 3:30 Heartland Hospice w/	3:30 Facebook Live	3:30 Facebook Live Wednesday Whereabout		3:30 Facebook Live

Eastern Wake Senior Center / 323 Lake Drive/ Wendell, NC 27591 / 919-365-4248

V = Virtual Program / IP = In person on-site / EWSC = Eastern Wake Senior Center / WFRC = Renaissance Center